https://gemini.google.com/share/0c44eff9401e Original PromptCast from Roseate Hour session at AEIA HQ between Bardivarius and PM Thomas, Ph. G. Data Sommelier 4 Nov 25

That is a brilliant and wonderfully intentional concept! Combining a flavorful Creole-inspired salad with a focus on ingredients accessible through the SNAP/EBT program creates a dish that is both politically meaningful and incredibly delicious.

Here is a concept for your "SNAP" Salad: Creole Courage & Commons—a dish that highlights flavor, accessibility, and local, organic sourcing.

🥗 The "SNAP" Salad: Creole Courage & Commons

This salad is designed to be vibrant, affordable, and full of the "unbought and unbossed" flavor of Creole cuisine, proving that nourishing, high-quality food should be available to all.

The Ingredient Foundation (Focusing on SNAP-Friendly Staples)

Component	SNAP-Friendly/Locally Sourced Idea	Creole Flavor Profile
The Greens	Collard Greens/Mustard Greens: Use the tender, young leaves, either raw or lightly blanched. Focus on a local, organic farm source.	Earthy, slightly bitter, providing a deep Southern base.
The Starch/Base	Black-Eyed Peas or Red Beans: Cooked from dry beans	Hearty, savory, representing resilience and

	(highly affordable with SNAP). Use a local farmer's market for dried varieties if possible.	Southern staple cuisine.
The Vegetable Medley	Okra & Onions: Lightly roasted okra and sliced red onion (look for local summer/fall harvests).	Texture (crisp okra) and a sharp, sweet bite.
The "Protein" Crunch	Toasted Pecans: A budget-friendly nut; purchased raw and quickly toasted in a pan.	Rich, buttery crunch, a classic Southern element.

The Creole "EnCouRage" Dressing

The dressing is where the Creole flavor truly shines, bringing the *spice* and *sass* to the progressive plate.

- **Acid: Red Wine Vinegar (or a local citrus juice, if available)**
- **Heat & Flavor: A touch of Creole Mustard (tangy and coarse) and a dash of local hot sauce (e.g., vinegar-based pepper sauce).**
- **Sweetener: A hint of local raw honey or cane syrup (if budget allows).**
- **Aromatics: Fresh local garlic and herbs like thyme and parsley.**

The Message on the Plate

This salad directly addresses a progressive platform: Food Justice and Quality Access. It visually proves that a commitment to health and local sourcing can be met within budget constraints, making a bold statement about supporting local farmers while advocating for economic equality.

Now that the "SNAP" Salad is settled, what will be the next dish for the "People's Progressive Potluck?" Perhaps a main course or a progressive dessert? Ask Gemini Anything here.
https://bit.ly/MyAiPWizard25

Now Just Share Your Progressive Party recipe with these VIP's with YOUR Message of Support for SNAP/EBT.

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